

## **RECOMMENDATIONS**

Despite the relatively low smoking prevalence in the Caribbean, it has been suggested that all countries in the Region must adopt strategies to avoid increase and facilitate decrease in this preventable risk factor for non-communicable diseases, which are the main causes of death and illnesses. Guyana is no exception.

The following recommendations can be found useful within the Guyanese context:

1. Enact legislations to restrict or ban smoking in public places, such as, restaurants, cinemas, play parks, supermarkets, public transport, e.g. taxis, buses, steamers, ferries, etc.
2. Restrict the advertisement of cigarette smoking on billboards, newspapers, radio and television, and at the same time increase public awareness campaign on the harmful effects of smoking cigarettes, as well as other tobacco use, on the mass media.
3. Appeal to sporting clubs to refuse sponsorship from tobacco entrepreneurs and to avoid the use of cigarette advertisement in the promotion of their respective sport.
4. Work towards the banning of cigarette smoking at workplaces.
5. Enact and enforce legislations that prevent minors from purchasing cigarettes and other tobacco products by prosecuting those who sell tobacco products to minors.
6. Formulate public policies and enact legislations that regulate tax increases for tobacco products, as well as point of sale and distribution.
7. Involve the Ministries of Health and Education, as well as NGO's, in the campaign to promote the cessation of cigarette smoking and use of other tobacco products especially among youths.
8. Design and implement cessation programmes for schools and all youth-oriented or affiliated organisations. Cessation programmes in schools must be integrated in the school curriculum and should not be done on an *ad hoc* basis